

# Career Development for postdocs and early-stage group leaders

Workshop Programme for 2022

As a postdoc, you have already invested a lot of time and effort into research training. At this point of your career, you will **set the course** for either following a research track in the future, or for embarking a different path in an academic or in a non-academic field.

With a series of workshops, MARUM and ZMT aim to support you in

- developing **ideas** and **perspectives**,
- making **decisions**, and
- further developing your **transferable skills**.

You will gain hands-on experience and become familiar with tools you can use to develop your further career.

## Benefitting from **peer-groups**



We would also like to encourage you to use the career development workshops as a stepping stone for **networking with your postdoc colleagues** at MARUM and ZMT, for example by

- Having a meet-up some time after or in between the workshops to talk about experiences in dealing with what you have learned,
- Setting up a peer-group that meets regularly to discuss topics of common interest
- Setting up a peer-group to address challenges in work life (=peer-group supervision); a professional trainer to guide the sessions can be funded through the programme

Workshop 2022.01

## Navigating Uncertainty in Research

Dr. Desiree Dickerson and Dr. Vicent Botella Soler  
(<https://desireedickerson.com/>)

22 March 2022 from 09.00 to 17.00 hrs.  
online via Zoom



## Navigating Uncertainty in Research

How do we create the mental clarity to make big decisions when academia leaves us with so little time or energy and very few resources to cope? We are left trying to make big life changes decisions from a place of self-doubt, emotional reactivity, and exhaustion.

In this workshop, we explore the factors that impact on how we think and make decisions. The role that our biases, thinking patterns, and behavioural choices play in how we evaluate situations and interactions, and how we engage (or not) with certain individuals and environments.

In this workshop, we will explore:

- The self-critical inner voices that make you think you do not belong, you can't do it, and you shouldn't apply yet.
- Learn to question how your mindset and thought processes can help or hinder your day-to-day life and your future career prospects;
- Recognise biases in our thinking that are either magnifying our fears, doubts and concerns or minimising our ability to make healthy choices;
- Push back on certain maladaptive coping strategies (e.g. procrastination and avoidance) once you see how much they impact on the decision making process;
- How to reshape your thinking and behaviour patterns to work for you in pursuit of your goals.
- Develop tools to help you maintain a clear head despite the challenging decisions you must make.

Workshop 2022.02

**Lateral Leadership -**  
Find your personal leadership style

to be announced

summer 2022

Workshop 2022.03

# Agile working techniques for scientists

to be announced

autumn 2022

# Contact / registration



<https://www.marum.de/en/education-career/postdocs.html>

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<https://www.leibniz-zmt.de/en/work-study/zmt-academy.html>

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